



May 6th – 12th:  
National Nurses Week

May 13th – 19th:  
National Skilled  
Nursing Care Week



## Hello Lodgers, Families!

I have been at Medilodge of Monroe a year now! I have been so happy working in the Monroe community and I am very glad I came here. Everyone here has welcomed me with open arms. My hope is that you feel the same way with the staff here at Medilodge. Our goal is to go above and beyond in customer service. If you have any questions, comments or concerns please see me in the Admission's office and I would more than happy to help you out. I wish you a safe and happy Spring of 2018!

*Jackie McManus*

Admissions and Marking Director



*What better way  
to celebrate Mother's  
Day than with a  
Perfect Fruit Salad!*

### Ingredients:

- ♦ 2/3 Cup of fresh orange juice
- ♦ 1/3 Cup of fresh lemon juice
- ♦ 1/3 Cup packed brown sugar
- ♦ 1/2 Teaspoon grated orange zest
- ♦ 1/2 Teaspoon grated lemon zest
- ♦ 1 Teaspoon vanilla extract
- ♦ 2 Tablespoon olive oil
- ♦ 2 Cups cubed fresh pineapple
- ♦ 2 Cups strawberries hulled and sliced
- ♦ 3 Kiwi fruit peeled and sliced
- ♦ 3 Bananas sliced
- ♦ 2 Orange peeled and sectioned
- ♦ 1 Cup of seedless grapes
- ♦ 2 Cups blueberries.

*Mix and Enjoy!!!*

## Reminders for Families of Residents

- **Can you please bring in life stories of your loved one ASAP for nursing home week?** You can drop off to Admissions, Activities or the front desk.
- **Please bring in your loved ones new Medicare Card as you get it in the mail.** All Medicare Cards will be changed by April 2019, they are generating new random numbers and not their social security numbers. You can have admissions or the front desk make a copy for our records.

## ZENSATIONAL

WELLNESS AT MEDILODGE OF MONROE

zen•sa•tion•al noun /zen'sāSHən1/

1. A state of mind and an active process where you join with MediLodge on your journey to Recover, Rejuvenate, Revitalize and Return Home.
2. A whole person wellness centered philosophy, experienced in a relaxed and soothing environment.

*"Life does not hurry, yet everything is accomplished."*

MediLodge's approach to zensational wellness is an active process in which each lodger and employee are encouraged to make choices toward personal growth in seven dimensions of zensational wellness: physical, social, emotional, spiritual, intellectual, occupational and vocational. The goal of our whole person wellness program is to recognize the unique individuality of every person at our Haven for Healing.



## Happy Birthday!

### RESIDENT BIRTHDAYS

Collen L.	May 05
Velva H.	May 13
Rev. Alfred O	May 14
Robert A.	May 18

### EMPLOYEE BIRTHDAYS

Tonya Lindsay	May 02
Linda Szczepanik	May 05
Joan Beaton	May 06
Tiya Hoskins	May 14
Dawn Dionne	May 27
Brittany Thrash	May 27

### STAFF ANNIVERSARIES

John Taylor	May 2	2 years
Teresa Campbell	May 10	1 year
Dianna Jarvis	May 10	1 year
Chelsey Westfall	May 10	1 year
Adam Mills	May 15	10 years
Jacklyn Mcmanus	May 18	1 year
Holly Nied	May 24	2 years
Leigh Karpetoff	May 24	2 years
Heather Hess	May 25	1 year

# The Monroe County Caregivers Summit

## Tuesday May 15, 2018

### Located at LaRoy's Hall

5:00pm Exhibits Open + 6:00pm Dinner  
6:30pm Presentation + 7:15 Raffle/Prizes

## “Client Centered Services for Older Adults and Caregivers”

Presented by: Monroe County Opportunity Program (MCOP)  
and Area Agency on Aging 1-B

### Sponsors:

- Visiting Angels
- Hometown Pharmacy
- Marian Place
- Hickory Ridge
- MediLodge of Monroe
- Area Agency on Aging 1-B
- St. Joseph Mercy Snr. Communities
- Vibrant Life Senior Living Temperance
- Monroe Home Care Shoppe Inc.

Registration deadline is May 1, 2018—Seating is limited (RSVP Monroe Commission on Aging)

Call: 734.240.3290 or email: [MCCOA@monroemi.org](mailto:MCCOA@monroemi.org)

Suggested donation of \$5.00 per person at door. LaRoy's located at 12375 S. Telegraph Rd, LaSalle, MI

## Friendly Reminder

No TV's can be one the night stands or over bed tables.

If you need help with placement please see Social Work.

## Trust Fund Transition

Hello residents and families, the trust fund has been transferred to Jen Booth; she is located across the hall from the business office (500 hall). Jennifer is our Ward Clerk and is available Monday thru Friday from 7a to 3pm if at any time you need assistance after those hours Debbie Pinion in the Business Office will be more than happy to help. As a reminder you can set up an account as an auto deposit and withdraw for your convenience and will receive a quarterly statement mailed to either responsible party or the account holder directly. If you have any question please feel free to reach out to either of us so we can better serve you.

## Keep an Eye on Your Vision

It's a common sight everywhere: baby boomers extending their arms and straining to read menus and newspapers. While this may be a normal part of aging, other more serious eye diseases often occur as we age; many without noticeable symptoms.

Undetected vision problems often lead to a loss of independence, preventing people from engaging in their favorite hobbies, reading and even performing chores around the house.

Make sure to talk to your eye care professional if you experience any of the following symptoms:

- Cloudy or blurry vision
- Colors that seem faded
- Bright spots
- Poor night vision
- Double or multiple vision
- Loss of peripheral vision

Many forms of vision loss are preventable if caught early. Keeping yourself in good health and taking necessary precautions to care for your eyes will go a long way. A regular eye examination will help you detect possible eye diseases and prevent blindness.

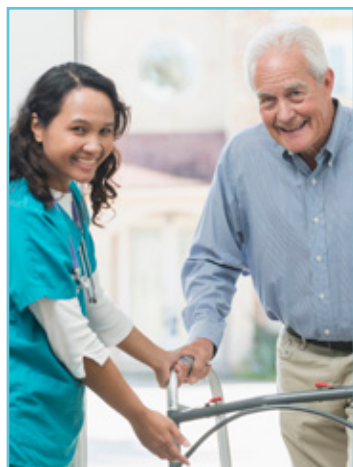


## Osteoporosis: The Facts

Osteoporosis means “porous bones” and it is a condition where the skeleton becomes very fragile and bones can break easily. Simple things may cause a bone to break, such as stepping off a curb, sneezing, being hugged or even bending down to pick something up. Bone breakages are mainly in the hips, spine and wrist.

### The leading causes of osteoporosis:

- Heavy use of alcohol
- Steroid usage
- Hypogonadism (in males)
- Genetics/family history
- Lack of weight-bearing exercises
- Smoking
- Inadequate calcium intake throughout life



A lifelong habit of weight-bearing exercise, such as walking or biking, will help build and maintain strong bones. The greatest benefit of physical fitness as you grow older is that it can reduce the risk of fracture, because it gives you better balance, muscle strength, and agility, making falls less likely. The flexing of bones during exercise is thought to prompt the body to distribute more calcium to the bones. It's always recommended to ask your physician before starting a new exercise program, especially if you already have osteoporosis or other health problems.

**Osteoporosis is a problem that can affect anyone in their later years, so it's important to keep your bones strong and long lasting.**

## Upcoming Events

For the month of May is **Nurses Week** is the week before nursing home week and **Nursing Home Week:** is from 13th to 18th

**May 3rd** is National Prayer

**May 5th** Cinco De Mayo Social

Activity Department is going to start it off by having a **Pre-Mother Day Social on May 12th** for 2:30 to 4:00 pm

**Please join us in a Mother's Day celebration on Saturday May 12th around 2pm.**

**May 16th** Will do an Ice Cream Social

**May 25th** Monthly Birthday Party

**May 26th.** Activity Department is having a Rummage Sale. We are asking for Donation

Ella Dickerson is the New Resident Council President.

## Mother's Day is Sunday, May 13

**Mother's Day is a celebration honoring the mother of the family (whether it is a biological mother, surrogate, foster, aunt, cousin, neighbor, nana, or grandmother), as well as motherhood.**

The American incarnation of Mother's Day was created by Anna Jarvis and Julie Ward Howe in 1908 and became an official U.S. holiday six years later on May 8, 1914.

On this day, daughters, sons, and husbands usually have plans to make this day extra special and memorable. So, take a moment on May 13 to say thank you to that special woman who has helped make your life meaningful!





# MEDILODGE OF MONROE

481 Village Green Lane  
Monroe, MI 48162  
P: 734.242.6282

[www.MediLodgeofmonroe.com](http://www.MediLodgeofmonroe.com)



[www.facebook.com/MediLodge](http://www.facebook.com/MediLodge)

## Your Friendly Staff

- Rachel Chambers *Administrator*
- Shannon Turner *Director of Nursing*
- Jackie McManus *Admissions Director*
- Linda McFadden *Activities Manager*
- Nancy Cosby *Social Services*
- Kat Tadsen *Social Services*
- Lloyd Boron *Maintenance Director*
- Eric Morgan *Staff Developer*
- Debbie Pinion *Billing*
- Jennifer Booth *Ward Clerk*
- Mary Ann Kowal *Receptionist*
- Brooks Spadlin *Therapy Manager*
- Penny Maddison *Nurse Manager*
- Deb Longstreet *Nurse Manager*
- April Walker *Nurse Manager*
- Tasneem Burhani *Dietary Clinician*
- Samantha Myers *Human Resources*
- Carrie Bryson *Aft. Shift Coordinator*
- Melissa Davey *Housekeeping/Laundry*
- Felisha Overstreet *Admissions Assistant/  
Accounts Payable*

## Office Hours

Weekdays 8:00 a.m. – 4:30 p.m.

## Front Receptionist Hours

Monday 8:00 a.m. – 7:00 p.m.  
 Tues. & Wed. 8:00 a.m. – 6:00 p.m.  
 Thur. & Fri. 8:00 a.m. – 7:00 p.m.

## Front Door Usage Only!!

Please continue to use the front door only;  
and ring door bell after hours.



## May – Word Search

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. (No backwards.) Good luck!



### Word List

- ARTERIES
- BIRDS
- CELEBRATE
- CHOLESTEROL
- DIET
- GOLDEN
- MEMORIAL
- MOTHER
- NURSE
- OSTEOPOROSIS
- SOLDIERS
- STORIES
- STROKE
- VISION
- YOUTHFUL